



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 15024, Fish, drum, freshwater, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	77.33	650	0.125	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	119	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	498	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	17.54	650	0.019	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	4.93	905	0.103	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.08	652	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
<strong>Minerals</strong>													
Calcium, Ca	mg	60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	275	189	1.857	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	75	163	0.644	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.66	--	0.156	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.232	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	12.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Thiamin	mg	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	2.350	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.750	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Folate, DFE	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	2.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin A, RAE	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	170	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
<b>Lipids</b>													
Fatty acids, total saturated	g	1.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.105	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.872	--	0.042	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.142	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	2.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.791	--	0.062	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	1.199	--	0.101	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.081	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	1.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.155	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.114	--	0.041	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.224	--	0.059	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.230	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.144	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.287	--	0.078	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.769	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.808	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.425	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.611	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.519	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.685	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.592	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.904	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.516	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.796	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.618	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.842	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.716	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Other</b>													